

Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

Holiday baking

Thursday, December 10

11:00 a.m.–Noon

Peg TV kitchen

1 Scale Avenue

Rutland

Join WIC as we bake up some healthy treats for the holidays. We will bake and decorate cookies and take a look at the cookie recipes to find healthy alternatives that keep them delicious and make them more nutritious.

Call Justin at 786-5110 to sign up.

All activities are FREE
of charge!

Healthy hearts for Valentine's Day

Day and time to be announced
Pyramid Holistic Wellness Center
79 Merchants Row
Rutland

Pyramid Holistic Wellness Center is partnering with your local WIC agency for Valentine's Day. William Kelly, owner/practitioner/instructor, is welcoming WIC moms to join him in a free kickboxing class. The Pyramid offers many fitness classes for all levels. Start your path to a healthy heart this Valentine's Day by kicking up your exercise routine.

The class will have limited space. Make sure to call WIC at 786-5103 to sign up ahead of time.

Ice Skating

Monday, January 11

10:00–10:45 a.m.

Giorgetti Arena

Rutland

Looking for a fun activity outside of the house? WIC joins you to stretch out your legs as you skate around Giorgetti Arena. Afterwards, enjoy a healthy snack as you warm up. Free ice skate rentals are available.

To sign up and get directions, call Ashley at 786-5103.



FIT WIC FUN AND GAMES PAGE

Fun in the snow!

Try these fun winter activities to play in the snow.

Catch Me

This is best in freshly fallen snow.

Procedure: Follow each other's footprints in freshly fallen snow. When fresh snow isn't packed, it will take double the effort (and double the fun!) for both you and your child to walk.

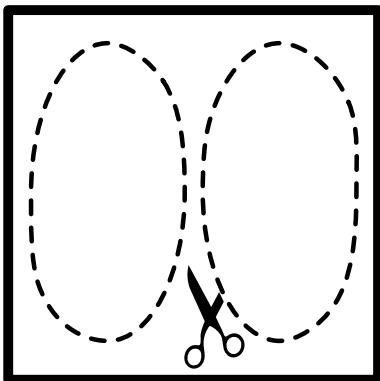
Take turns running after each other in the snow. Make it even more fun by bringing out noisemakers and having a parade through the snow!

Snowshoe Walk

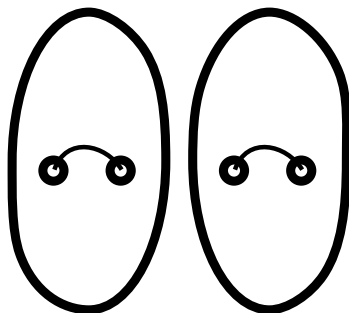
This is best in packed snow.

Procedure: Snowshoes are a lot of fun. If you don't have your own, you may be able to borrow or rent snowshoes from your local recreation center or school. Call to find out. Snowshoes make walking in deep snow easier.

Kids can make their own "snowshoes" with your help by cutting cardboard boxes into an oval shape (or use 2 shoe boxes), punch 2 holes in the center each, and threading a long shoelace (or elastic) through the center which can be tied over your child's boots. Have your child "skate" over the snow. This works best when the snow is a little bit packed.



cut cardboard



or use shoe boxes